

# Daytime Activities at Waterloo Action Centre



**Monday** 11:00-12:30 **Open Floor Movement Meditation** Movement practice to keep mind body and spirit supple. Drop-in, no need to book. All ages welcome  
<http://openfloor.org/> Fb: reSource@Waterloo £10 (£7 conc.)

12:15-1:15 **Lunchtime Choir** New people welcome – just come along.  
£1 a week to 55+. £2 a week others.

2:30-3:15 **Rumba and Cha Cha Dance**  
3:15-4:15 **Line Dancing** (beginners-improvers)  
£3 per class or £5 for both  
Contact Jean Leclerc 07944 775 556  
[parisrockclub@gmail.com](mailto:parisrockclub@gmail.com) [www.parisrockclub.com](http://www.parisrockclub.com)



**Tuesday** 10.30-11.30 **Gentle Exercise** Real cost per person approx. £4, but please contribute what you can towards this. Minimum £1.50



1:00-4:00 **Computer Drop-In Sessions** PC/tablet help with friendly volunteer. Use our computers or bring your own. Wifi available. 55+ only. Free

1:00-5:00 **Knitting and Crochet Club** If you like knitting and crochet, or would like to learn new skills come and join our friendly club.

1:15-5:30 **Dressmaking, alterations and other craft skills** – Free, open to all but you may need to bring your own materials, which could be something you are already working on. Free but donation of £1 a session welcome.



1:30-3:30 **WACi Art Club** Run by users. £1 towards materials per session.

**Wednesday** 11:00 **Happy Bus Pass Outings.** Visits to different venues each week. Need a London Freedom Pass. See separate sheet for more details.



2:15-3:15 **Tai Chi.** £2 over 50s/£4 others

**Thursday** 9:30-10:30 **Gentle Yoga** Pay what you can

11:00-5:00 **Knitting and Crochet Club** as Tuesday

10:30-12:00 **WAC Book Club** – a short story and discussion and tea/coffee.  
Free



12:00-2:30 **Out & About Club** Lunch and chat, organised by members.. For age 50+. No need to book – just come along.

1:00-4:00 **Computer Drop-In Sessions** (as on Tuesday)

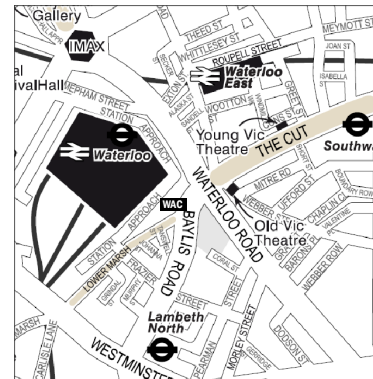
1:30-2:15 **Lotto (bingo) in French** Arranged by Mauritian Pensioners

2:00-4:30 **Tea Dance** Swing, Rock'n'Roll, Rumba & more with Jean Leclerc aka the Mad French Wolf. £3.50 see <http://www.parisrockclub.com> for details  
4th Thu of mth

**Volunteer at WAC** Many of the activities at WAC are run by the users themselves or by volunteers. If you could help please phone David or Jenny on 020 7261 1404 or leave your contact details at reception or e-mail WAC [jennystileswac@gmail.co.uk](mailto:jennystileswac@gmail.co.uk) .

**Donations** are very welcome towards the costs of running WAC. Most things are done by volunteers but things like electricity and phone bills have to be paid. WAC is registered for gift aid so that, where the donor is a tax payer, the gift is worth more to WAC.

## How to find WAC



### WATERLOO ACTION CENTRE

14 BAYLIS ROAD SE1 7AA

Office open: Monday – Friday 09.00 – 17.00

Telephone: 020 7261 1404

Website: [www.waterlooactioncentre.co.uk](http://www.waterlooactioncentre.co.uk)

General e-mail: [wac.office1971@gmail.com](mailto:wac.office1971@gmail.com)

### Traveling to WAC:

By rail: Waterloo, Waterloo East

By UG: Waterloo, Lambeth North, Southwark

By bus: 1,4, 26, 59,68,77, 139, 168,171,172,176,188,RV1 (Stop at Waterloo Station)

By bus: 12, 53,148, 159, 453, C10 (Stop at Lower Marsh)